

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Cuisinart® Retro Toaster Oven Broiler

RTO-20C

CONTENTS

Important Safeguards	1
Special Cord Set Instructions	2
Introduction	2
Features and Benefits	3
General Guidelines	4
Use and Care	
Broil	4
Bake	4
Toast	4
Cleaning and Maintenance	5
Recipes	5
Warranty	15

IMPORTANT SAFEGUARDS

- When using an electrical appliance, basic safety precautions should always be followed, including the following:
- 1. **Read all instructions.**
 - 2. Do not touch hot surfaces. Use handles.
 - 3. To protect against electrical shock, do not place any part of the toaster oven broiler in water or other liquid. See instructions for cleaning.
 - 4. This appliance should not be used by or near children.
 - 5. **UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING.** Allow to cool before cleaning or handling.
 - 6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the toaster oven broiler to the nearest Cuisinart Repair Centre for examination, repair or mechanical or electrical adjustment.
 - 7. The use of accessory attachments not recommended by Cuisinart may cause injury.
 - 8. Do not use outdoors.
 - 9. Do not let cord hang over the edge of the table or countertop where it could be pulled on inadvertently by children or pets, or touch hot surfaces, which could damage the cord.
 - 10. Do not place toaster oven broiler on or near a hot gas or electric burner or in a heated oven.
 - 11. Do not use this toaster oven broiler for anything other than its intended purpose.
 - 12. Extreme caution should be exercised when using containers constructed of materials other than metal or glass in the toaster oven broiler.
 - 13. To avoid burns, use extreme caution when removing tray or disposing of hot grease.

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14. **When not in use, always unplug the unit.** Do not store any materials other than manufacturer's recommended accessories in this oven.
 15. Do not place any of the following materials in the oven: paper, cardboard, plastic and similar products.
 16. Do not cover crumb tray or any part of the oven with metal foil. This will cause overheating of the oven.
 17. Oversize foods, metal foil packages and utensils must not be inserted in the toaster oven broiler, as they may involve a risk of fire or electric shock.
 18. A fire may occur if the toaster oven broiler is covered or touching flammable materials such as curtains, draperies, and walls, when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
 19. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
 20. Do not attempt to dislodge food when the toaster oven broiler is plugged into electrical outlet.
 21. Warning: To avoid possibility of fire, NEVER leave toaster oven broiler unattended during use.
 22. Use recommended temperature settings for baking and roasting.
 23. Do not rest cooking utensils or baking dishes on glass door.
 24. Slide the function dial to the off position to turn off toaster oven broiler.

IMPORTANT

As a safety feature, we have designed this unit to remain "Off", when unplugged or due to a power failure. To begin using your toaster oven or to restart it, turn function dial to the "Off" position; then choose desired oven setting (i.e., "Toaster", "Bake" or "Broil").

SAVE THESE INSTRUCTIONS

Please read and keep these instructions handy. These instructions will

help you to use your Cuisinart® Toaster Oven Broiler to its fullest so that you will achieve consistent, professional results.

SPECIAL CORD SET INSTRUCTIONS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the counter-top or tabletop where it can be tripped over or pulled on by children.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

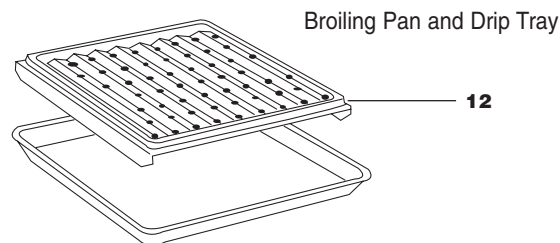
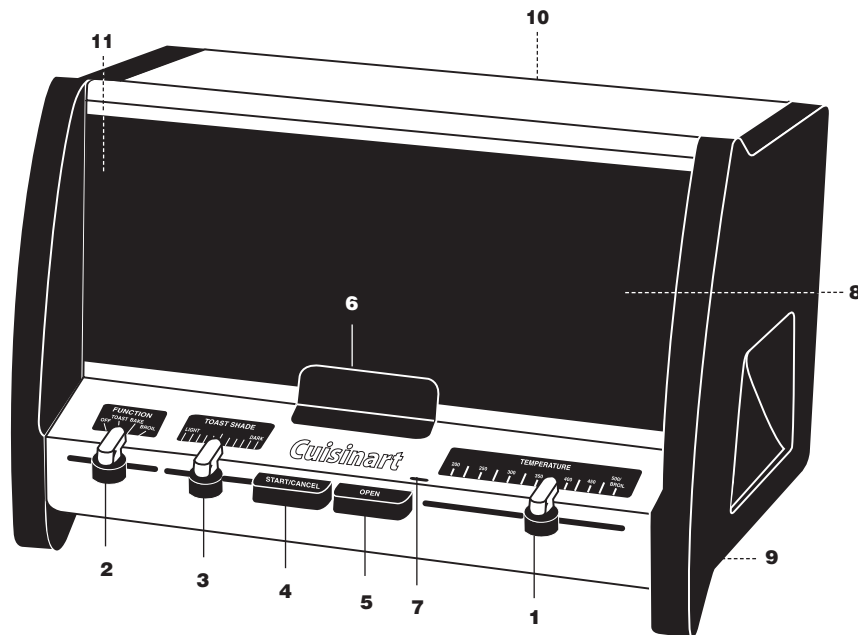
FOR HOUSEHOLD USE ONLY NOT INTENDED FOR COMMERCIAL USE

INTRODUCTION

You'll wonder how you ever did without your new Cuisinart® Retro Toaster Oven Broiler. This compact countertop oven takes up minimum space, but is big enough to handle a variety of everyday toasting and "oven" tasks. Simple slide controls and a lift-up door make this toaster oven so simple to work with, you may find yourself using it more often than you ever thought you would!

FEATURES AND BENEFITS

- 1. Temperature Slide**
Select desired temperature for the "Baking" or "Broiling" function.
- 2. Function Slide**
Select cooking method – Bake, Broil or Toast.
- 3. Toast Shade Slide**
Select the desired toast shade – Light, Medium or Dark.
- 4. Toasting Start/Cancel Paddle**
Push the "Start/Cancel" paddle to start toasting function.
Push paddle to stop toasting in mid-cycle and shut off oven.
- 5. Open Paddle**
Push to open door and advance rack. Door will remain in open position when lifted slightly.
- 6. Close Bar**
Push down to close.
- 7. Oven On Indicator**
Indicator light will remain lit when oven is in use.
- 8. Oven Rack (not shown)**
Has one position with automatic rack advance. Rack will come out slightly when door is open.
- 9. Slide-out Crumb Tray (not shown)**
Slides out from bottom of the toaster oven broiler for easy cleaning.
- 10. Cord Storage (not shown)**
Takes up excess cord and keeps countertop neat.
- 11. Easy-Clean Interior**
The sides of the oven are coated, providing an easy-to-clean surface.
- 12. Baking/Broiling Pan**
A baking/broiling pan is included for your convenience. The broiling pan's drip tray has two positions to accommodate a variety of meats, poultry, and fish for broiling.



BEFORE THE FIRST USE

Place your oven on a flat surface.

Before using your oven, move it two to four inches (5 – 10 cm) away from the wall or from any objects on the countertop. Do not use on heat-sensitive surface. **DO NOT STORE OBJECTS ON THE TOP OF THE OVEN. IF YOU DO, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR OVEN. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.**

GENERAL GUIDELINES

Baking: Baking function can be used as you would normally use your kitchen oven for roasting meats including chicken, or baking cakes, cookies and more.

Broiling: Broiling function can be used for beef, chicken, pork, fish and more.

Caution: Aluminum foil is not recommended for covering the drip tray. Foil is extremely dangerous when broiling fatty foods. Grease will accumulate and may catch fire. The use of foil is not recommended, but if foil is used to cover broiling pan, be sure foil is tucked neatly around the pan and does not touch the walls or heating rods. Never cover crumb tray.

Turning off the toaster oven broiler: Slide the function dial to off. The indicator will turn off.

USE AND CARE

Unwind the power cord. Check that the crumb tray is in place and that there is nothing in the oven. Plug power cord into the wall outlet.

Broil

Note: When broiling, add approximately ¼ cup (50 ml) water to the bottom of the broiling pan to reduce sizzling and splattering. Place the drip tray in the broiling pan.

To broil, set temperature and function slides to broil. Preheat oven for five minutes with door closed. After the five-minute preheat period, place the broiling pan in the oven.

Note: Never use glass oven dishes to broil.

To stop broil operation, slide the function dial to off position.

Bake

To bake, set temperature slide to the desired temperature and move function slide to bake position. The oven indicator light will turn on. Preheat oven for five to ten minutes (time will vary depending on desired temperature); then begin to bake.

Toast

If toasting two items, centre them in the middle of the rack. Four items should be evenly spaced – two in front, two in back.

Browning Selection

Set function slide to toast. Move toast shade slide to desired browning setting. Press “Start/Cancel” paddle to begin toasting.

Stop Toasting

When the toasting cycle is finished, the oven will beep 5 times and turn off. If you wish to stop the toasting cycle before it is finished, simply press the “Start/Cancel” paddle. The toaster oven broiler will cancel your toast cycle.

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

1. Always unplug the oven from the electrical outlet.
2. Do not use abrasive cleansers, as they will damage the finish. Simply wipe the exterior with a clean damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not to the toaster oven, before cleaning.
3. To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Never use harsh abrasives or corrosive products. These could damage the oven surface. Never use Brillo pads, etc. on interior of oven.
4. To remove crumbs, slide out the crumb tray and discard crumbs. Wipe clean and replace. Crumb tray is dishwasher-safe. To remove baked-on grease, soak the tray in hot sudsy water or use nonabrasive cleaners. Never operate the oven without the crumb tray in place.
5. Wire rack, broiling pan and drip tray are dishwasher-safe. If heavily soiled, soak in hot sudsy water or use a nylon scouring pad or nylon brush.
6. Never wrap the cord around the outside of the oven. Use the cord storage cleats on the back of the oven.

IMPORTANT:

After cooking greasy foods and after your oven has cooled, always clean top interior of oven. If this is done on a regular basis, your oven will perform like new. Removing the grease will help to keep toasting consistent, cycle after cycle.

All of our recipes have been tested in our kitchen and specially developed to work in the Cuisinart® Retro Toaster Oven Broiler. These mouth-watering recipes are just a sampling of what the Cuisinart® Retro Toaster Oven Broiler can do.

RECIPES

Jammy Muffins

Get your ingredients all ready to mix the night before – combine dry ingredients and cover; combine egg, milk, yogurt and vanilla; cover and refrigerate. In the morning mix and bake for fresh warm muffins.

Makes 6 regular muffins

- 1½ teaspoons (7 ml) + 3 tablespoons (45 ml) granulated sugar**
- ½ teaspoon (2 ml) ground cinnamon**
- cooking spray**
- 1 cup (250 ml) unbleached all-purpose flour**
- 1¼ teaspoons (6 ml) baking powder**
- ¼ teaspoon (1 ml) baking soda**
- ½ teaspoon (0.5 ml) salt**
- 1 large egg**
- ¼ cup (50 ml) lowfat milk**
- 2 tablespoons (30 ml) plain lowfat yogurt**
- ¼ teaspoon (1 ml) vanilla extract**
- 4 teaspoons (20 ml) jam or marmalade (not jelly)**

Preheat toaster oven to 375°F (190°C). Combine 1½ teaspoons (7 ml) granulated sugar with cinnamon and reserve. Coat a 6-cup regular muffin tin with cooking spray.

Place flour, 3 tablespoons (45 ml) granulated sugar, baking powder, baking soda, and salt in a medium bowl. Stir to blend. Place egg in a small bowl and stir until smooth. Add milk and yogurt to beaten egg and stir until smooth, then stir in vanilla. Add the liquid mixture to the dry ingredients and whisk until just smooth – do not overmix – the muffins could become tough and rubbery. Divide the batter evenly among the prepared muffin cups. Top each in the centre with about ¾ teaspoon (4 ml) jam or marmalade. Sprinkle muffins with the sugar/cinnamon mixture.

Bake in toaster oven for 18 to 20 minutes, rotating the muffin tin after about 9 minutes of baking.

Turn out onto a rack and cool for 5 to 10 minutes (the jam will be hot enough to burn) completely before serving.

Nutritional information per muffin:

*Calories 138 (9% from fat) • carb. 28g • pro. 4g • fat 1g
• sat. fat 0g • chol. 36mg • sod. 196mg • calc. 46mg • fiber 1g*

Applesauce Cranberry Nut Bread

Makes one loaf, 7½ x 3¾ x 2¼ inches (18.75 x 9.38 x 5.63 cm)

- cooking spray**
- 1 cup (250 ml) unbleached all-purpose flour**
- 1 teaspoon (5 ml) baking soda**
- ½ teaspoon (2 ml) ground cinnamon**
- ¼ teaspoon (1 ml) ground ginger**
- pinch freshly grated nutmeg**
- ½ teaspoon (0.5 ml) salt**
- ½ cup (75 ml) dried cranberries**
- ⅓ cup (75 ml) chopped walnuts or pecans**
- ¼ cup (50 ml) unsalted butter, at room temperature**
- 2 tablespoons (30 ml) firmly packed brown sugar**
- 2 tablespoons (30 ml) granulated sugar**
- 1 large egg**
- ¾ cup (175 ml) unsweetened applesauce**
- ½ teaspoon (2 ml) vanilla extract**

Preheat toaster oven to 350°F (180°C). Coat a 7½ x 3¾ x 2¼-inch (18.75 x 9.38 x 5.63 cm) loaf pan [3 cups (750 ml)] with cooking spray. Place flour, baking soda, cinnamon, ginger, nutmeg, salt, dried cranberries, and nuts in a medium bowl and stir; reserve.

Place butter and both sugars in a medium bowl and beat until light and well-creamed (using a hand mixer or whisk). Add the egg and beat until smooth. Add applesauce and vanilla and beat until smooth. Add dry mixture and stir until completely blended. Pour batter into prepared loaf pan. Bake for 35 to 40 minutes, until bread is deep golden and cake tester comes out clean when inserted in centre of loaf.

Loosen sides of bread if necessary and turn out onto a wire rack to cool. Bread is best when allowed to cool completely before slicing. Wrap tightly in plastic wrap when cool.

Nutritional information per serving:

*Calories 114 (45% from fat) • carb. 13g • pro. 2g • fat 5g
• sat. fat 2g • chol. 24mg • sod. 104mg • calc. 9mg • fiber 1g*

Sausage Stuffed Mushrooms

Makes about 12 stuffed mushrooms (each about 1¼ to 1½ inches [3.13 x 3.75 cm])

- 8 ounces (227 g) white or cremini mushrooms (about 12, 1¼ to 1½ inches [3.13 x 3.75 cm] each)**
- 2 tablespoons (10 ml) extra virgin olive oil, divided**
- 1 tablespoon (15 ml) shallots, peeled and finely chopped**
- 1 clove garlic, peeled and finely chopped**
- ½ teaspoon (2 ml) Italian herb blend or herbes de Provence**
- ⅓ cup (75 ml) fresh dry bread crumbs**
- 4 ounces (115 g) sweet or hot Italian sausage, casings removed**
- 1 tablespoon (15 ml) freshly grated Asiago cheese**

If you are baking mushrooms immediately, preheat toaster oven to 425°F (220°C). Line the baking pan with foil, brush with 1 teaspoon (5 ml) olive oil.

Clean and dry mushrooms. Remove stems, reserving caps and chop stems finely.

Heat 1 teaspoon (5 ml) olive oil in a 10-inch (25 cm) nonstick skillet. Add chopped mushrooms, shallot, garlic, and herbs to the pan and cook over medium heat until all liquid is given up, about 5 minutes. Stir in bread crumbs and cook for 2 to 3 minutes. Transfer to a bowl and cool. When completely cooled, stir in sausage and cheese. Stuff each mushroom with a portion of the sausage mixture, mounding and pressing down. Mushrooms may be done ahead to this point – cover and refrigerate until ready to bake.

Arrange mushrooms evenly spaced in prepared pan.

Bake until sausage is well browned and completely cooked through [175°F (80°C) when tested with an instant-read thermometer] and mushrooms are tender, about 20 to 25 minutes. Transfer to a warm platter and serve hot.

Nutritional information per mushroom:

*Calories 61 (62% from fat) • carb. 3g • pro. 2g • fat 4g • sat. fat 1g
• chol. 8mg • sod. 109mg • calc. 21mg • fiber 0g*

Toasted Asparagus Roll-Ups

These are great to serve with a hearty “meal”-type soup, a seafood stew or main dish salad.

Makes 6 pieces – 3 servings with soup, stew or salad, or 6 appetizer servings

- 6 asparagus spears, about ½ inch (1.25 cm) thick**
- 1 tablespoon (15 ml) unsalted butter, melted**
- 1 tablespoon (15 ml) extra virgin olive oil**
- 6 slices good quality sandwich-type bread, white or whole wheat**
- 3 teaspoons (15 ml) freshly grated Parmesan or Asiago cheese**

Trim asparagus to 5½-inch (13.75 cm) lengths, and peel if desired. Bring 2 inches (5 cm) of water to a boil in a 10-inch (25 cm) skillet. Place asparagus in boiling water for 30 seconds to blanch, and remove immediately to a bowl of ice water to stop cooking. When cool, dry completely. Combine the melted butter and olive oil. Preheat toaster oven to 375°F (190°C) and line the baking pan with foil.

Remove crusts from sliced bread. Use a rolling pin to flatten the bread as thin as possible. Sprinkle each with ½ teaspoon (2 ml) grated cheese. Place an asparagus spear to one edge of the bread and roll as a jelly roll. Repeat until all are rolled. Brush lightly with butter/olive oil mixture. Arrange evenly spaced on the prepared pan, with all tips to one side. Place the pan in the oven, asparagus tips to the front of the oven and bake for 8 minutes. Brush again lightly with more of the butter/olive oil mixture and bake for another 7 to 8 minutes. Serve hot or warm.

Nutritional information per serving:

*Calories 72 (60% from fat) • carb. 6g • pro. 2g • fat 5g • sat. fat 2g
• chol. 6mg • sod. 66mg • calc. 24mg • fiber 1g*

MELTED CHEESE SANDWICHES

The next two sandwiches are classic toaster-oven fare, quick and easy hot sandwiches for any time of day or night.

Toasted Tuna Melts

A classic “Retro” sandwich. Personalize the sandwich by adding your own favourites to the tuna salad such as sliced olives, chopped dill or sweet pickle, or chopped hard-cooked egg.

Makes 2 open-faced sandwiches

- 2 slices good quality sandwich bread – white, wheat, rye, pumpernickel or a sandwich-size English muffin, split**
- 6 ounces (170 g) white tuna, drained well**
- ¼ cup (50 ml) finely chopped celery**
- ¼ cup (50 ml) finely chopped green or red bell pepper**
- 2 tablespoons (30 ml) finely chopped red onion**
- ¼ cup (50 ml) lowfat mayonnaise**
- 3 ounces (90 g) cheese – Swiss, Cheddar, Muenster, fontina, provolone (2 slices, can use lowfat cheese)**

Toast bread on light setting; let cool completely. Line the baking pan with foil. Slide indicator switch to broil position.

Drain tuna and place in a medium bowl. Break up clumps with a fork. Add celery, bell pepper, onion, and mayonnaise. Stir to combine.

Divide tuna mixture evenly between the two slices of toasted bread and spread evenly. Top each with half the cheese. Arrange the sandwiches on the prepared baking tray. Broil sandwiches until golden and toasty and cheese is melted, about 3 to 4 minutes.

Nutritional information per serving:

*Calories 482 (45% from fat) • carb. 26g • pro. 39g • fat 24g
• sat. fat 9g • chol. 87mg • sod. 365mg • calc. 434mg • fiber 1g*

Hot Smoked Turkey, Tomato & Cheese Sandwiches with Avocado

Makes 2 servings

- 2** slices good quality whole wheat or pumpernickel bread (about 5 x 3½ x ½ inches [12.5 x 8.75 x 1.25 cm])
- 3** tablespoons (45 ml) lowfat mayonnaise
- 1½** teaspoons (7 ml) Dijon-style mustard
- 1** teaspoon (5 ml) tarragon
- 4** ounces (115 g) thinly sliced smoked turkey
- 8-12** thin slices Italian tomato (slice, then place on layered paper towels to drain)
- 3** ounces (90 g) sliced Havarti cheese (may also use Cheddar, Swiss, provolone, or Gouda)
- ½** avocado, (ripe but firm) peeled and sliced

Toast bread on medium setting (or to taste). Reserve.

Place mayonnaise, mustard, and tarragon in a small bowl and stir to blend.

Preheat toaster oven to 400°F (200°C). Line baking pan with foil.

Spread mayonnaise mixture on one side of each slice of toasted bread. Top each evenly with half the smoked turkey, half the sliced tomatoes, and half the cheese. Arrange evenly spaced on foil-lined baking pan. Place in toaster oven and broil until cheese is bubbly and browned, about 3 to 5 minutes. Garnish with sliced avocado and serve hot.

Nutritional information per serving:

*Calories 466 (58% from fat) • carb. 24g • pro. 25g • fat 31g
• sat. fat 13g • chol. 79mg • sod. 1198mg • calc. 261mg • fiber 5g*

Fruit & Pecan Stuffed Pork Chops

Makes 2 servings

- 2** 1-inch (2.5 cm) thick boneless pork loin chops (about 7-8 ounces [198 – 227 g] each)
- 1½** tablespoons (25 ml) finely chopped shallot or green onion
- 3** tablespoons (45 ml) chopped dried, pitted apricots
- 3** tablespoons (45 ml) chopped dried, pitted plums
- ¼** cup (50 ml) lightly toasted chopped pecans
- 1** tablespoon (15 ml) medium dry sherry
- ½** tablespoon (7 ml) grainy Dijon-style mustard
- 1** teaspoon (5 ml) soy sauce, divided
- ½** teaspoon (2 ml) dried thyme
- ¼** teaspoon (1 ml) freshly ground black pepper
- 1** teaspoon (5 ml) unsalted butter, melted
- kosher salt and freshly ground pepper to taste (optional)**

Preheat toaster oven to 400°F (200°C). Use a sharp, pointed knife such as a boning knife to cut a deep, wide pocket in each pork chop horizontally, leaving the back and sides uncut. Reserve. Lightly coat the broiling rack of the oven with cooking spray (or line the tray with aluminum foil).

Place shallot, chopped apricots and plums, pecans, sherry, mustard, ½ teaspoon (2 ml) of the soy sauce, thyme, and pepper in a bowl and stir to combine.

Divide the fruit-pecan mixture evenly and stuff each pork chop. Skewer pockets closed with toothpicks or skewers if necessary. Combine remaining soy sauce with melted butter and brush on chops. Season chops lightly with kosher salt and freshly ground pepper to taste if desired. Arrange chops on rack or lined tray and bake for 17 to 20 minutes. Use tongs to turn chops over. Continue to bake until pork is cooked through (will measure 155-160°F (68-71°C) when tested with an instant-read thermometer and juices run clear), about 5 to 10 minutes longer if necessary. Let pork chops rest, loosely covered, for 5 minutes before serving.

Nutritional information per serving:

*Calories 615 (40% from fat) • carb. 29g • pro. 63g • fat 28g
• sat. fat 7g • chol. 169mg • sod. 395mg • calc. 35mg • fiber 3g*

Elegant but Easy Baked Salmon for Two

Quick and easy to prepare, but good enough for a special occasion.

- cooking spray**
- 2** salmon fillets, 6-8 ounces (170 - 227 g) each
- 1** slice good quality white bread, processed to fine crumbs
- 1** teaspoon (5 ml) unsalted butter, melted
- ½** teaspoon (2 ml) thyme
- 3** teaspoons (15 ml) raspberry vinegar
- 1** tablespoon (15 ml) Dijon-style mustard
- 2** teaspoons (10 ml) granulated sugar
- ¾** teaspoon (4 ml) dry mustard
- ⅓** teaspoon (0.5 ml) kosher salt
- pinch freshly ground pepper, to taste
- 1** tablespoon (15 ml) extra virgin olive oil

Preheat toaster oven to 450°F (235°C). Line baking dish with foil; coat lightly with cooking spray. Arrange salmon in prepared dish, skin side down.

Combine breadcrumbs, melted butter and thyme. Stir to combine; reserve.

Place vinegar, Dijon mustard, sugar, dry mustard, salt and pepper in a small bowl and whisk to blend. While whisking, add olive oil in a steady stream and whisk until emulsified. Spread 1 tablespoon (15 ml) of the mustard sauce over each fillet covering completely. Sprinkle breadcrumbs onto fish.

Bake salmon until cooked through and crumb topping is browned and crispy, about 10 to 12 minutes (10 minutes per inch [2.5 cm] of thickness). Transfer to warmed plates and drizzle with remaining mustard sauce to serve.

Nutritional information per serving:

*Calories 352 (39% from fat) • carb. 17g • pro. 36g • fat 15g
• sat. fat 3g • chol. 94mg • sod. 375mg • calc. 33mg • fiber 0g*

Oven Baked Chicken Fingers/Nuggets with Honey Mustard Sauce

Makes 2 to 3 servings

- cooking spray**
- 10** ounces (285 g) boneless, skinless chicken breast (about 2 chicken breast halves)
- ½** cup (125 ml) buttermilk or plain fat-free yogurt
- 1** teaspoon (5 ml) soy sauce
- 1** teaspoon (5 ml) dry minced onion
- ½** teaspoon (2 ml) granulated garlic
- ¾** cup (175 ml) fine bread crumbs
- ¼** cup (50 ml) freshly grated Parmesan or Asiago cheese
- ½** teaspoon (2 ml) paprika (sweet or hot, to taste)
- ¼** cup (50 ml) Dijon-style mustard
- ¼** cup (50 ml) honey

Trim chicken of any excess fat and cut into “finger”-sized pieces or nuggets (about 1½ inches [3.75 cm] square). Place in a medium bowl with buttermilk or yogurt, soy sauce, dry minced onion, and granulated garlic. Stir to combine and let rest for 30 minutes. After 30 minutes, preheat toaster oven to 425°F (220°C). Line the baking sheet with aluminum foil and coat with cooking spray.

Drain the chicken fingers. In a shallow dish combine the breadcrumbs, cheese and paprika. Dip the chicken fingers in the breadcrumb mixture and coat well. Arrange on the prepared baking sheet. Lightly spray chicken fingers with cooking spray, turn and spray second side. Bake in toaster oven for 15 minutes. You can prepare the sauce while chicken is baking. After 15 minutes, turn and bake for an additional 12 to 15 minutes, until chicken is completely cooked, crisply browned and juices run clear (not pink).

For the sauce, place the mustard and honey in a small bowl and stir to blend. Chicken fingers may also be served with other prepared sauces or condiments such as BBQ sauce, ketchup or warm marinara sauce.

Nutritional information per serving:

*Calories 390 (10% from fat) • carb. 56g • pro. 32g • fat 4g
• sat. fat 2g • chol. 62mg • sod. 542mg • calc. 229mg • fiber 0g*

Tarragon Dijon Baked Chicken Thighs

Makes 4 chicken thighs, 2 servings

- cooking spray**
- 3 tablespoons (45 ml) Dijon-style mustard**
- 1½ tablespoons (25 ml) honey**
- ½ teaspoon (2 ml) tarragon**
- ½ teaspoon (2 ml) Worcestershire sauce**
- 4 skinless, bone-in, chicken thighs**

Preheat toaster oven to 450°F (235°C). Line baking pan with foil, arrange chicken on rack and place in prepared baking pan. Lightly coat rack with cooking spray.

Place mustard, honey, tarragon, and Worcestershire sauce in a small bowl and stir to blend. Spread evenly on chicken. Arrange chicken on prepared rack, “skin” side down, bake for 10 minutes. Rotate baking tray and turn the thighs to skin side up. Bake for an additional 10 to 15 minutes, until juices run clear and chicken reads 180°F (82°C) when tested with an instant-read thermometer. Serve hot or chilled.

Nutritional information per serving:
Calories 469 (56% from fat) • carb. 19g • pro. 33g • fat 29g
• sat. fat 8g • chol. 158mg • sod. 699mg • calc. 25mg • fiber 0g

Meatloaf

This meatloaf makes out-of-this-world sandwiches the next day (if there are any leftovers!).

Makes 3 to 4 servings

- ¾ cup (150 ml) uncooked oatmeal (regular or quick)**
- ¾ cup (75 ml) ketchup**
- 1 large egg**
- 2 teaspoons (10 ml) Worcestershire sauce**
- 1 teaspoon (5 ml) Dijon-style mustard**

- 1 pound (500 g) ground meatloaf mix (½ beef, ¼ pork, ¼ veal) or ground turkey**
- ½ cup (125 ml) finely chopped onion**
- 1 small clove garlic, finely minced**
- ½ teaspoon (2 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**

For glaze (optional):

- ¼ cup (50 ml) ketchup**
- 1 tablespoon (15 ml) brown sugar**
- ½ teaspoon (2 ml) Dijon-style mustard**

Combine glaze ingredients and stir until smooth.

Place oatmeal, ketchup, egg, Worcestershire sauce, and mustard in a medium bowl and stir to blend. Let stand for 5 minutes to soften oatmeal. Preheat the toaster oven to 375°F (190°C).

Add ground meat, onion, garlic, salt, and pepper. Mix to combine well (use a spoon or clean hands). Pack into a 3-cup (750 ml) loaf pan [7½ x 3¾ x 2¼ inch (18.75 x 9.38 x 5.63 cm)]. Bake in toaster oven for approximately 60 minutes*, until top is well browned and meat registers 175°F (80°C) when tested – juices will run clear, not pink. Let stand 5 to 10 minutes in loaf pan, drain excess fat if necessary, loosen sides if necessary and turn out to slice. Cover and refrigerate leftovers.

*If you are using glaze, spread evenly over meatloaf after it has baked for 45 minutes.

Nutritional information per serving:
Calories 373 (36% from fat) • carb. 17g • pro. 40g • fat 14g • sat. fat 6g
• chol. 146mg • sod. 678mg • calc. 24mg • fiber 1g

Broiled Hamburgers or Cheeseburgers

Makes 2 burgers

- cooking spray**
- 12 ounces (340 g) lean ground sirloin or ground round**
- kosher salt and freshly ground pepper to taste**
- 2 slices cheese (Cheddar, Swiss)**

Slide indicator switch of toaster oven to broil position. Line the baking pan with aluminum foil, and insert baking/broiling rack. Lightly coat the rack with cooking spray.

Divide meat into two 6-ounce (170 g) portions and shape into 4-inch (10 cm) burgers. Lightly season with kosher salt and freshly ground pepper on both sides. Arrange the burgers, evenly spaced, on the rack. Broil to taste*, about 4 to 8 minutes per side. For cheeseburgers, top with sliced cheese one minute before second side is done. Serve hot on toasted bun, roll, or English muffin with desired condiments and accompaniments such as lettuce, sliced tomato, onion, etc.

*Times will be dependent on temperature and thickness of meat. Test with an instant-read thermometer.

Rare: 120°F-125°F (49°C-52°C [red centre])

Medium-Rare: 125°F-140°F (52°C-60°C [pink centre])

Medium: 145°F-155°F (63°C-68°C [gray-barely pink centre])

Well-Done: 160°F (71°C [gray])

Nutritional information per burger:

*Calories 373 (36% from fat) • carb. 17g • pro. 40g • fat 14g • sat. fat 6g
• chol. 146mg • sod. 678mg • calc. 24mg • fiber 1g*

Oven Baked Tortellini

Makes 3 to 4 servings

- cooking spray or olive oil**
- 1 package (9-ounce [255 g]) fresh tortellini (cheese, mushroom or meat), cooked al dente**
- 2 cups (500 ml) prepared marinara sauce**
- ½ cup (125 ml) shredded cheese**
(mozzarella, provolone, fontina, Parmesan – any one or a mixture)

Preheat toaster oven to 400°F (200°C). Lightly coat a 3- or 4-cup (750 or 1 L) ovenproof shallow dish (oval gratin or similar dish) with cooking spray or olive oil. Place tortellini and 1½ cups (375 ml) of the marinara sauce in a medium bowl and stir to combine. Transfer to the prepared dish and top with remaining marinara sauce.

Loosely cover with a sheet of foil sprayed with cooking spray, or lightly oiled, and place in toaster oven. Bake for 25 to 30 minutes until bubbly. Raise oven temperature to 450°F (235°C). Remove foil, sprinkle evenly with cheese and bake for another 10 to 12 minutes, until cheese is melted, bubbly and lightly golden.

Serve hot.

Nutritional information per serving:

*Calories 339 (37% from fat) • carb. 36g • pro. 17g • fat 14g
• sat. fat 8g • chol. 52mg • sod. 705mg • calc. 290mg • fiber 0g*

Savoury Fontina & Prosciutto Bread Pudding

A great side dish, brunch dish, or even supper when served with a green salad.

Makes 3 to 4 servings

- cooking spray**
- ½ teaspoon (2 ml) extra virgin olive oil**
- ½ cup (125 ml) chopped onion**
- 3 slices prosciutto, cut in slivers**
- ¼ teaspoon (1 ml) Italian herbs or herbes de Provence**
- 2 cups (500 ml) bread cubes (1/2-inch [1.25 cm]) from crusty French or Italian bread**
- ½ cup (125 ml) [2 ounces (60 g)] shredded fontina cheese**
- 1 tablespoon (15 ml) freshly grated Reggiano Parmigiano cheese**
- 2 large eggs (can use egg substitute)**
- 1 cup (250 ml) fat-free evaporated milk (can use half-and-half)**
- ¼ teaspoon (1 ml [or to taste]) Tabasco® or other hot sauce**

Lightly coat a 2½ cup (625 ml) ovenproof ceramic dish with cooking spray. Heat olive oil in a 10-inch (25 cm) nonstick skillet over medium heat, and add chopped onion and prosciutto to pan. Cook, stirring, over medium heat until onion is translucent and prosciutto just begins to curl. Stir in herbs and let cool.

Place bread cubes in a medium bowl with cheeses. Stir to combine. Add cooled onion mixture and combine; transfer to the prepared baking dish. In the bowl, whisk the eggs until smooth. Add the evaporated milk and whisk until blended. Add hot sauce and blend. Slowly pour over bread mixture. Press mixture lightly with the back of a spoon and allow to rest for at least 1 hour before baking (can be prepared several hours ahead or the night before). Lightly coat a sheet of aluminum foil with cooking spray and cover dish loosely, sprayed side down.

Preheat toaster oven to 375°F (190°C). Place covered bread pudding in preheated oven and bake for about 50 minutes. Uncover and bake for an additional 10 to 15 minutes. Let rest 10 minutes before serving.

Tabasco® is a registered trademark owned by McHenry Co.

Nutritional information per serving:
Calories 480 (28% from fat) • carb. 60g • pro. 26g • fat 15g
• sat. fat 7g • chol. 149mg • sod. 512mg • calc. 389mg • fiber 2g

Zesty Baked Carrots

A very good side dish with ham or pork.

Makes 3 to 4 servings

- cooking spray or unsalted butter**
- 8 ounces (227 g) shredded carrots**
- 2 tablespoons (30 ml) minced shallot**
- 1½ tablespoons (25 ml) lowfat mayonnaise**
- 1½ tablespoons (25 ml) sour cream**
- 1 tablespoon (15 ml) prepared horseradish**
- ¼ teaspoon (1 ml) kosher salt**
- pinch teaspoon freshly ground black pepper**
- 1 slice good quality white or whole wheat bread, processed into breadcrumbs**
- 1 teaspoon (5 ml) unsalted butter, melted**

Preheat toaster oven to 375°F (190°C). Lightly coat a shallow [about 1½ inches (3.75 cm) deep] 2½-cup (625 ml) ovenproof ceramic dish with butter or cooking spray.

Blanch carrots for 1 minute in boiling water. Drain, let cool and squeeze dry. Place in medium bowl with shallot, mayonnaise, sour cream, horseradish, salt and pepper. Stir to combine. Place in prepared dish. Combine breadcrumbs and melted butter. Sprinkle evenly over top of carrot mixture. Bake covered loosely with foil for 25 to 30 minutes covered. Uncover and bake for 10 minutes longer until breadcrumbs are browned and toasty. Serve hot.

Nutritional information per serving:
Calories 87 (37% from fat) • carb. 12g • pro. 2g • fat 4g
• sat. fat 1g • chol. 6mg • sod. 147mg • calc. 23mg • fiber 2g

Herb Roasted Potato Wedges

Nutritional information per potato:
Calories 167 (7% from fat) • carb. 36g • pro. 4g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 12mg • calc. 14mg • fiber 3g

Don't quite have time to bake potatoes? Try Herb Roasted Potato Wedges.

Makes 1 to 2 side dish servings

- 1 russet potato, about 10 ounces (284 g)**
- ½ tablespoon (7 ml) extra virgin olive oil**
- ¼ teaspoon (1 ml) dry herbs (thyme, rosemary, basil, oregano, savory)**
- ¼ teaspoon (1 ml) kosher salt**

Preheat toaster oven to 425°F (220°C). Line the baking pan with aluminum foil.

Cut potato in half lengthwise. Cut each half into four equal wedges. Toss potato wedges in olive oil, herbs and salt. Arrange on prepared pan and bake for 35 to 40 minutes until potato wedges are browned, crispy and tender. Serve hot.

Nutritional information per serving:
Calories 142 (22% from fat) • carb. 26g • pro. 3g • fat 4g
• sat. fat 0g • chol. 0mg • sod. 175mg • calc. 14mg • fiber 2g

Baked Potatoes

Makes 4 servings

- 4 Idaho or russet potatoes, about 7-8 ounces (198 - 227 g) each**
- 1 teaspoon (5 ml) good quality olive oil**

Preheat toaster oven to 400°F (200°C). Scrub potatoes and dry well. Prick randomly with the tines of a fork or point of a sharp knife. Rub each with ¼ teaspoon (1 ml) olive oil.

Bake potatoes directly on the rack for 1 hour, until skins are slightly crispy and interiors are soft and easily pierced with a knife. Remove from oven. To serve, pinch top open. Fluff interiors with a fork and serve with preferred topping – butter, extra virgin olive oil, margarine, sour cream, plain yogurt, etc. Add salt, pepper and seasonings to taste.

Twice Baked Sour Cream & Chive Potatoes

Makes 4 servings

- 4 Idaho or russet potatoes, about 7-8 ounces (198 - 227 g) each**
- ⅓ cup (75 ml) lowfat milk**
- 1 tablespoon (15 ml) + 1 teaspoon (5 ml) unsalted butter**
- ½ cup (125 ml) sour cream or lowfat sour cream**
- ¼ teaspoon (1 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground pepper (black or white)**
- 4 tablespoons (60 ml) chopped fresh chives, divided**

Prepare and bake potatoes as in preceding Baked Potatoes recipe, but do not pinch open – just slit slightly with a knife to allow steam to vent. When cool enough to handle, cut off top quarter of each potato and scoop out cooked potato, leaving a ¼-inch-thick (0.63 cm) potato shell. Reserve cooked potato and skin shells.

Preheat toaster oven to 375°F (190°C).

Place cooked potato in a medium bowl. Add milk and 1 tablespoon (15 ml) butter. Using a potato masher or hand mixer, mash/beat until smooth. Add sour cream, salt, pepper, and chives. Mash/beat to combine completely. Generously fill the potato shells with sour cream and chive potato mixture. (Potatoes may be prepared a day ahead to this point – cover and refrigerate.) Arrange potatoes on baking tray (can be lined with a sheet of aluminum foil). Melt 1 teaspoon (5 ml) of butter and drizzle on potatoes. Bake for 30 to 40 minutes (add 5 to 10 minutes to baking time if potatoes were prepared ahead and refrigerated), until potatoes are hot and golden on the tops. Sprinkle hot potatoes with remaining tablespoon (15 ml) of chopped chives to serve.

Nutritional information per potato:
Calories 263 (35% from fat) • carb. 38g • pro. 6g • fat 10g
• sat. fat 6g • chol. 25mg • sod. 121mg • calc. 76mg • fiber 3g

Little Brownie Cakes

Makes 6 servings

- cooking spray**
- ½ cup (125 ml) firmly packed light brown sugar**
- ½ cup (75 ml) all-purpose flour**
- ⅓ cup (75 ml) unsweetened cocoa powder**
- ⅓ teaspoon (0.5 ml) salt**
- 1 large egg**
- 3 tablespoons (45 ml) unsalted butter, melted**
- 1 teaspoon (5 ml) vanilla extract**
- ¼ cup (50 ml) semisweet chocolate morsels**
- 6 walnut or pecan halves (optional)**

Preheat the toaster oven to 350° F (180°C). Lightly coat a standard 6-cup muffin pan with cooking spray.

Place the brown sugar (crumble into bowl to remove lumps), flour, cocoa and salt in a medium bowl and stir to blend. Add the egg and stir – batter will be thick and lumpy. Add the melted butter and vanilla, stir until smooth. Stir in the chocolate morsels.

Spoon the batter in equal amounts into the prepared muffin pan. Place a nut half in the centre of the top of each brownie cake if using. Bake for about 18 to 20 minutes, until tops are puffed and crackled (they may still be moist when tested with a toothpick). Remove from oven and let cool in pan for 2 minutes, then remove from pan and place on a rack to cool completely, or serve slightly warm with a scoop of your favourite ice cream or frozen yogurt.

Nutritional information per cake:

*Calories 166 (36% from fat) • carb. 26g • pro. 3g • fat 7g
• sat. fat 4g • chol. 51mg • sod. 67mg • calc. 29mg • fiber 0g*

Apple Crisp

Makes 4 servings

- cooking spray or unsalted butter**
- 2 apples [(about 6-7 ounces [170 - 198 g] each), peeled, cored, cut into ½-inch (1.25 cm) dice**
- 3 tablespoons (4 ml) dried cranberries or raisins**
- ¼ cup (50 ml) + 3 tablespoons (45 ml) packed brown sugar**
- ¾ teaspoon (4 ml) freshly grated lemon zest**
- ¾ cup (175 ml) regular rolled oats**
- ¼ cup (50 ml) plus 2 tablespoons (30 ml) unbleached all-purpose flour**
- ¼ cup (50 ml) cold unsalted butter, cut into ½-inch (1.25 cm) pieces**
- ¾ teaspoon (4 ml) ground cinnamon**
- ¼ teaspoon (1 ml) ground ginger**
- ¼ teaspoon (1 ml) pure vanilla or almond extract**

Preheat toaster oven to 375°F (190°C). Lightly coat a 1-quart (0.9 L) ovenproof dish with cooking spray or melted butter.

Place diced apples, cranberries or raisins, 1 tablespoon (15 ml) brown sugar and lemon zest in a medium bowl. Stir to coat. Place mixture in prepared baking dish, patting down firmly.

Place oats, remaining brown sugar, all the flour, butter, cinnamon, ginger, and extract in same bowl. Using a pastry blender or two forks, cut the butter into the dry ingredients until the mixture resembles coarse crumbs. (This may also be done in a food processor fitted with the metal “s” blade or with a mini chopper, using the pulse.) Cover the apple mixture evenly with the crumb topping and place the baking dish of apples on baking pan. Lightly coat one side of a small piece of aluminum foil with cooking spray. Loosely cover the crisp with the foil, coated side down.

Bake for 45 minutes with the foil on, then for an additional 7 to 10 minutes to crisp the topping. Let stand 15 to 20 minutes before serving.

Nutritional information per serving:

*Calories 87 (37% from fat) • carb. 12g • pro. 2g • fat 4g
• sat. fat 1g • chol. 6mg • sod. 147mg • calc. 23mg • fiber 2g*

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